NEWSLETTER
Thursday 13th August 2015

Helping students to understand what bullying means is something we regularly do at school. All staff work to help students understand what it means, how it looks and that it is NOT okay to bully anyone. To help families understand what we cover at school I have included information freely available to schools and families which can be found on the Education Department of Training Victoria website http://www.bullyingnoway.gov.au/

WHAT IS BULLYING?

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you.

Bullying feels awful. You feel like you can’t stop it.

Bullying can happen in person or online (sometimes called cyberbullying). It might be something people can see or it might be hidden.

Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.

Bullying is not okay. You have the right to feel safe.

If you don’t feel safe, get help right now from your mum, dad, teacher, or an adult who will listen to you!

When people bully, it might be because:

- they think it’s cool
- they get angry about something and they take it out on someone else
- they don’t know how to get along with others
- they think it’s funny to hurt people
- they think other people will laugh too.

Regardless of the reason, there’s no excuse for bullying.

Please help us to ensure that all students understand that bullying is not okay and that as a school community we look after everyone and treat everyone with respect.

It has come to my attention that staff has been referred to on Facebook sites that students from this school have or have access to.

To be eligible to sign up for Facebook, you must be at least 13 years old (taken from www.facebook.com/help/210644045634222). What this then indicates is that students have access to sites that have either been signed up for them by someone else, or that they are using a site that belongs to someone else. If your child does have access to these sites then the question I would ask is who is monitoring this site and who will be responsible for what is on it? Please help us to keep everyone in our school community safe and respected by making sure you know what your child is accessing and putting online.

Have a wonderful week

Judy Hilbig
Sometimes it’s hard to know just what our children want. I’m not even sure that they always know. It’s easy for us to be affected by their mood and to react accordingly: when they are indecisive, we can be impatient. If they are unsettled or moody, we can find ourselves responding with anger, or frustration, or even anxiety. All of these are normal responses, although not particularly helpful. What does help is the recognition that, more than anything else, our children need CONSISTENCY. This can be hard to achieve when life is busy. It’s often easier to give in to demands, or go back on our word, but each time we do this, we teach our children that life is unpredictable and therefore unsafe. I know that it’s not a lesson that any of us would deliberately try to teach. So how do we avoid this trap?

Don’t promise anything unless you are 100% certain it can be delivered. It’s better to say “I’ll do my best”, than to disappoint.

Establish routines with your children (especially around bedtimes and getting up) and stick to them, even if it means rearranging your life to do so.

Have a few clear rules in your home. Remind your children of them regularly and insist they be carried out. (The secret is not to have too many).

Demonstrate the respect, patience, kindness etc., which you would like your children to show: even when you are tired, or busy, or stressed. We can never expect from our children, what we can’t do ourselves.

I know it’s not easy, but good parenting never is. If you can follow these few simple principles, you will be giving your child the greatest gift possible.

If you would like to chat about parenting, or any other issues, I would be happy to make time for you any Wednesday or Thursday. Just give me a call.

PLEASE ENSURE THAT THE SPONSERSHIP FORMS THAT WERE SENT HOME TODAY WITH THE STUDENTS, ARE RETURNED ON THE CORRECT DATE OF 28TH AUGUST

FREE JUNIOR BADMINTON.

Every Tuesday 3.30pm - 5pm.

ALEXANDRA HALL

Only requirement: Sports Shoes

Sponsored by The Ararat & District Badminton Assoc. Inc.

Enquiries; Joy Ph. 53521532

We would appreciate you doing this as it is a great opportunity for children to get free coaching.

Coaches have appropriate Working With Children accreditation.

Thanks Teresa Reid.